



County of San Diego

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August 29, 2018

TO: Behavioral Health Advisory Board (BHAB)

FROM: Alfredo Aguirre, LCSW, Director, Behavioral Health Services

BEHAVIORAL HEALTH SERVICES DIRECTOR'S REPORT – SEPTEMBER 2018

1. ACTION ITEMS:

1.1 Mental Health Services Act (MHSA) Three Year Plan Annual Update Board Letter

The County of San Diego is in the second year of implementing the MHSA Three-Year Program and Expenditure Plan: Fiscal Years 2017-18 through 2019-20. The Three-Year Plan incorporates all five MHSA components and provides expenditure projections for each component per year. The MHSA Fiscal Year 2018-19 Annual Update notes funding increases for programs identified through a stakeholder input process and modifications to the Fiscal Year 2018-19 expenditure plan originally proposed in the Three-Year Plan. The majority of services listed in the Annual Update are a continuation of programs previously approved by the Board of Supervisors and stakeholders. The proposed total expenditures for FY 2018-19 are \$201,062,632, representing a \$13,293,533 increase from the estimated FY 2018-19 budget included in the Three-Year Plan.

Behavioral Health Services is seeking Board of Supervisors' approval to: 1) Accept and approve the County of San Diego Mental Health Services Act Fiscal Year 2018-19 Annual Update; 2) Authorize payment of \$400,000 to the California Mental Health Services Authority to continue participation in statewide prevention and early intervention campaigns and local initiatives, a component of the Three-Year Plan. 3) Authorize the use of \$100,000 of MHSA Innovation funding for the implementation of the Human-Centered Design process to develop new Innovation programs, a component of the Three-Year Plan, and 4) Accept and approve the MHSA FY 2018-19 Reversion Plans for Innovation and Capital Facilities and Technological Needs, and authorize the Director of the Health and Human Services Agency to submit the Reversion Plans to the California Mental Health Services Oversight and Accountability Commission.

It is, THEREFORE, staff's recommendation that your Board recommends acceptance and approval of the Mental Health Services Act Fiscal Year 2018-19 Annual Update.

1.2 Community Violence Services Board Letter

The Mental Health Services Act (MHSA) became effective January 1, 2005, and provides dedicated funding for the expansion of mental health services and prevention and early intervention services in California, which has included funding for community violence response teams designed to meet unique support needs after an incidence of violence.

Approval of these recommended actions will authorize amendments to existing contracts in Fiscal Year 2018-2019 to immediately enhance the delivery of behavioral health services and prevention services available to respond to community violence throughout the San Diego County region, including mobile family trauma response services and domestic violence response services; and authorizes a competitive solicitation for a countywide behavioral health program to provide community violence services including mobile family trauma response services and domestic violence response services. Mobile family trauma response teams may respond to an array of incidents occurring within the community, including, but not limited to acts of gang violence or school violence.

The recommended actions support the countywide *Live Well San Diego* vision by enhancing access to services, promoting health and well-being in children, adults and families, and encouraging self-sufficiency, which promotes a healthy, safe and thriving region. Moreover, these actions are in alignment with the Health and Human Services Agency's Ten Year Roadmap for Behavioral Health Services by focusing resources on unserved and underserved populations and aiding in the prevention of adverse childhood experiences.

It is, THEREFORE, staff's recommendation that your Board recommends approval of the enhancement to existing contracts and the issuance of a competitive solicitation for a future contract to address community violence.

1.3 Standard Agreement for Medi-Cal Specialty Mental Health Services Board Letter

Since 1998, the Board of Supervisors has continuously approved a Standard Agreement for the Mental Health Plan (MHP) contract and Revenue Agreement (Standard Agreement) with the State of California to provide Medi-Cal Specialty Mental Health Services to eligible persons in San Diego County. The Standard Agreement specifies the Federal and State service requirements that counties must meet through the MHP contract, and the requirements to be able to claim Federal Financial Participation revenues for the services provided. These services include: rehabilitative mental health services, targeted case management, psychiatrist and psychologist services and Early and Periodic Screening, Diagnosis, and Treatment supplemental specialty mental health services.

This action seeks Board of Supervisors' authority to:

- Amend the most recent Standard Agreement with California's Department of Health Care Services (DHCS) to reflect a revised end date, shifting from June 30, 2018 to June 30, 2017, as directed by the state.
- Ratify and extend the new Standard Agreement between DHCS and the County of San Diego with an effective date of July 1, 2017 to June 30, 2022.
- Approve and authorize future minor amendments to the Standard Agreement.

This action supports the countywide *Live Well San Diego* vision by enhancing access to services, promoting health and well-being in children, adults and families, and encouraging self-sufficiency, which promotes a healthy, safe and thriving region.

It is, THEREFORE, staff's recommendation that your Board recommends approval of the amendment to and extension of the Standard Agreement for Medi-Cal Specialty Mental Health Services with the State of California Department of Health Care Services.

1.4 Appointment of the Nominating Committee to select the 2019 Slate of Executive Officers

In September of each year, the BHAB Chairperson appoints a Nominating Committee of at least three persons to select a slate of Executive Committee Officers to stand for election for the upcoming year. The Nominating Committee is confirmed by the entire Board and will work to form the slate during September, for presentation to the full BHAB at the October meeting. This action seeks BHAB's confirmation of the Nominating Committee comprised of Judith Yates, Mike Matthews, and Che Hernandez.

ACTION: Vote to confirm the Nominating Committee as appointed by the Chairperson.

2. LIVE WELL SAN DIEGO UPDATES / SPECIAL EVENTS

2.1 Upcoming Events

- **September 13, 2018 - 9th Annual Early Childhood Mental Health Conference - *We Can't Wait!***
BHS Children Youth and Families staff, in partnership with other HHSA departments, will once again host the Annual *We Can't Wait!* Conference. Other partnering organizations include: First 5 San Diego, the San Diego Academy of Child and Adolescent Psychiatry, American Academy of Pediatrics-California Chapter 3, University of California San Diego, Rady Children's Hospital San Diego, Fred Finch Youth Center, Mental Health Systems, San Diego State University, Harmonium, Vista Hill, YMCA San Diego, Voz de Victoria, Azusa Pacific University, and Optum. The theme for this year is *Embracing Our Diversity: Intervening Early in Every Community*. The conference is scheduled for September 13-15, 2018 at the Crowne Plaza Hotel in Mission Valley. More information and registration is available online by visiting: <http://www.earlychildhoodmentalhealth-sandiego.com/home/>
- **September 15, 2018 - Recovery Happens**
Join BHS for the Recovery Happens event at Liberty Station from 10:00 a.m. to 1:00 p.m. This annual event is part of National Recovery Month and celebrates those on their journey of recovery. In addition to a program of personal stories and information sharing, there will be a recovery countdown, resource fair and fun family activities. The event is open to the public and free parking is available.
- **October 12, 2018 - Annual Summit on Student Engagement and Attendance**
The San Diego County Office of Education in partnership with HHSA is hosting the Annual Summit on Student Engagement and Attendance on October 12, 2018 from 8:00 a.m. to 2:00p.m. at Marina Village Conference Center. The summit includes presentations on linking youth and families with Behavioral Health Services, and other topics. Registration is available through October 4, 2018 at: www.sdcoe.net

- **October 13, 2018 - Community Alliance for Healthy Minds (CAHM) Forum**

The CAHM Forum, *From Hopelessness to Hope and Healing*, will be held from 8:30 a.m. to 4:00 p.m. at California State University, San Marcos. This year's focus is Resilience. Dr. Mark Komrad, Sharon Hammil and Susan Writer will hold a panel discussion after participants view the *Science of Resilience* film. The forum also features breakout workshops, a resource fair and will close on a lighter note with thoughts by comedian Andrew Norelli. Registration is available at www.cahmsd.org.

- **October 24, 2018 - Meeting of the Minds**

The 21st annual Meeting of the Minds conference and resource fair is being held from 7:30 a.m. to 4:30 p.m. at Marina Village Conference Center. This behavioral health conference is put on by Mental Health America of San Diego County, and will provide continuing education units for professionals who need them. For more information or to register, please visit www.mhasd.org/events/.

3. UPDATE FROM THE CHILDREN, YOUTH, AND FAMILIES SYSTEM OF CARE (CYF)

3.1 MHSA Innovations Update

The contract for the countywide "Center for Child and Youth Psychiatry" (CCYP) was awarded to New Alternatives and began July 1, 2018. CCYP will provide psychotropic medication services in office based clinics and tele-psychiatry. This program will benefit children with co-occurring complex physical health conditions. For referral information, call (858) 634-1101.

3.2 Pathways to Well Being (PWB) and Continuum of Care Reform

The Continuum of Care Reform (CCR) initiative is a comprehensive framework of legislation and regulations designed to improve the continuum of services that support children, youth and families. Pathways to Well-Being is a joint commitment between CYF, Child Welfare Services (CWS), and The San Diego County Probation Department (Probation), guided by CCR. The following updates highlight recent work on CCR.

- The Department of Health Care Services issued The California Integrated Core Practice Model for Children, Youth, and Families (ICPM) on May 18, 2018 (MHSUDS NO. 18-022). The ICPM replaces the existing Core Practice Model and provides practical guidance and direction to support county child welfare, juvenile probation, behavioral health agencies, and their partners in delivery of timely, effective, and collaborative services.
- Between January and June 2018, PWB, in coordination with the Behavioral Health Education and Training Academy, conducted eight, one-day classroom trainings entitled, "Pathways to Well-Being: Core Practice Model and Continuum of Care Reform". BHS, CWS, Probation, and Family/Youth partners continue to work collaboratively in revising the current eLearning to include the latest information pertaining to the ICPM, CCR, and the integration of Probation.
- BHS, CWS, and Probation collaboratively developed and procured a contract for Child and Family Team (CFT) Meeting Facilitation services. The CFT Meeting Facilitation Program will

be scheduling, organizing and facilitating CFT meetings, while closely collaborating and coordinating with all of the pertinent people in the youth and family's life.

- Other ongoing CCR implementation activities include:
 - BHS aligned service practices with legislation AB 1299, the presumptive transfer of Med-Cal for mental health treatment, ensuring the timely access of mental health services for foster youth placed out of their county of jurisdiction.
 - BHS CYF has continued to work toward shifting group homes to Short-Term Residential Therapeutic Programs (STRTP) in order to ensure short-term, intensive treatment services have the goal of transitioning children back into a family environment. In April 2018, San Diego Center for Children became San Diego County's first accredited STRTP.
 - BHS continues to regularly join the CWS Group Home Contractors and Foster Family Agency Forum meetings in order to educate and train providers about the requirements under STRTP and Therapeutic Foster Care.
 - BHS, CWS, and Probation created a subcommittee in order to begin the development of a shared MOU, as required by state legislation AB 2083, which passed this year. The subcommittee also includes the San Diego Regional Center and representation from special education.

3.3 **Emergency Screening Unit**

The Emergency Screening Unit (ESU) provides crisis stabilization services to children and youth experiencing an acute psychiatric crisis. ESU's team offers comprehensive screening services, crisis stabilization and facilitates inpatient hospitalization when clinically necessary.

In December 2017, the ESU expanded from four beds to twelve beds, and since the expansion ESU has provided onsite stabilization services to an average of an additional 42 youth per month, which is approximately a 32% increase in crisis stabilization utilization. These youth previously may have been in an Emergency Department setting awaiting placement, and are now able to receive the appropriate level of care in the best setting for their individual needs. In Fiscal Year 2017-18, the ESU screened 1,350 children and youth. The ESU is located at: 4309 Third Ave, San Diego, 92103. Their phone number is (619)-876-4502.

3.4 **CYF System of Care Training Academy**

The Children Youth and Families System of Care (CYFSOC) Training Academy provides trainings to enhance the work of public systems providing services to children, youth and families in San Diego County. The CYFSOC Training Academy Committee is a collaboration of the four sectors (Public, Family, Private, and Education) of the CYFSOC.

In Fiscal Year 2017-18 the CYFSOC Training Academy delivered training on:

- Family Compassion and the Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Asexual (LGBTQIA) Community;
- Working with Immigrant Communities: Meeting the Unique Needs of Newcomers in San Diego County;
- San Diego Drug Trends and Teens;
- Engaging the Refugee Community; and

- Social Media and our Families.

CYFSOC also provides scholarships for professional development opportunities to parent partners, family partners and youth support partners who attend local and statewide conferences. Ten sponsorships were awarded to peer support partners to attend the CYFSOC Training Academy annual conference, *Unpacking Hope: Understanding the Unique Needs of Children, Youth and Families Experiencing Homelessness*. The conference was held in April 2018 at the Crowne Plaza Hotel and featured Bryan Samuels from the University of Chicago as the keynote presenter. Other conference events included a youth and family panel, and workshops on providing clinical services for youth experiencing homelessness, cultural responsiveness in working with families experiencing homelessness and educating students experiencing homelessness.

Additionally, two sponsorships were awarded to a parent partner and a youth partner who attended the California Mental Health Advocates for Children and Youth (CMHACY) conference in Asilomar, CA in May 2018. The sponsorships recipients are required to present at a CYF meeting after the conference to share what they learned and how they will use the information. One of the youth partner sponsorship recipients presented at the August 1, 2018 CYFSOC Training Academy, and included highlights of a Human Trafficking conference, a summary of what she learned, added local statistics, and her next steps in using this information. This was a thorough presentation that truly embodied the spirit and purpose of the scholarships CYFSOC Training Academy awards annually.

3.5 **Children, Youth and Family Liaison (CYFL)**

The CYFL has the primary duty of coordinating, training, and advancing Youth/Family Professional Partnerships for CYF within BHS, collaborating with CYF administrative staff to ensure family and youth voice, choice and values are incorporated into service development, implementation plans, and overall CYF service delivery. The CYFL serves as the community expert in family/professional partnership and makes this expertise available to CYF providers. Highlights for the last two quarters of Fiscal Year 2017-18 include:

- Held four Family Youth Focus Groups broadcasted on Facebook Live reaching more than 4,099 individuals, with more than 1,890 views and 144 engagements including 67 likes, 63 comments and 14 shares of the videos.
- Held four Family Voice Town Hall Meetings throughout the county, reaching 43 participants.
- Provided 18 presentations on children's mental health, reaching 306 interested family members
- 10 CYFSOC staff attended the Working Together 4-hour in-person training.
- Engaged with three Transition Age Youth (TAY) during the monthly TAY Troop "meet up".
- Hosted Parents Empowering Parents (PEP) Support group, engaging 85 families.
- Hosted monthly Youth/Family Support Partner Coaching meeting, educating and supporting 61 Peer Support Specialists.
- Engaged with 39 families who called or emailed for youth/family support.

More information about the CYFL can be found at: <https://cyfliaison.namisanidiego.org/>.

3.6 **Drug Medi-Cal Organized Delivery System (DMC-ODS) enhancements to CYF programs**

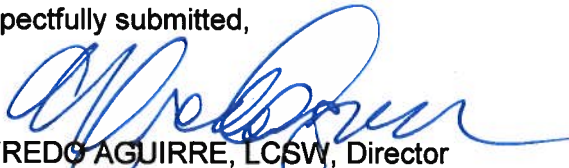
The implementation of DMC-ODS has allowed for many exciting updates and enhancements in the Substance Use Disorder (SUD) programs within CYF. SUD services for youth and families

are provided in both outpatient and residential settings throughout the county. Youth treatment services provide age-appropriate treatment to youth ages 12-17 with the goals of ensuring access to care to address their substance use and helping youth realize their individual treatment goals. Perinatal treatment services are gender-specific and designed to meet the needs of pregnant and/or parenting women and teens and include services for their children. Throughout the past year, SUD programs have worked alongside BHS to prepare for the July 1, 2018 implementation of the DMC-ODS.

DMC-ODS enhances Youth and Perinatal SUD services by requiring Counties to provide access to a continuum of SUD benefits modeled after the American Society of Addiction Medicine criteria, which includes outpatient services, intensive outpatient services, short-term residential services, withdrawal management, opioid/narcotic treatment program services, recovery services, case management and physician consultation. DMC-ODS allows youth and perinatal clients to receive treatment services based on medical necessity and individual need, without restrictions on the number of group, individual or case management services that are allowed. The new system has also expanded capacity for residential programs to provide withdrawal management services. Additionally, DMC-ODS allows Youth and Perinatal programs to provide case management services to assist with linkage and coordination of care to social, physical and mental health services to support whole person needs of the client. As clients step down in their need for services, they are able to stay connected with supports through recovery services, which allows for less frequent contact with the program, at the same time giving the client the support they need to continue their recovery journey. Outpatient programs have been enhanced with funding for recovery residences that may provide housing for perinatal clients who are struggling with homelessness.

To support care coordination, collaboration and cross-system knowledge of DMC-ODS, CYF leadership has provided outreach, education and presentations to key stakeholders across the county, which include CWS, Dependency Legal Services, Probation, CYFSOC Council, Drug Free Escondido Coalition, TAY Council, and the Blue Ribbon Commission. Upcoming presentations are scheduled for re-entry staff at Las Colinas Detention Facility, and Children's Legal Services. DMC-ODS allows for individualized treatment, improved quality care, and better outcomes. Through the DMC-ODS, clients will have timely access to the care and services they need for a sustainable and successful recovery.

Respectfully submitted,



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AA/bp

cc: Nick Macchione, MS, MPH, FACHE, HHSA Director
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